

ANALYSIS OF MATERNAL HEALTH PROGRAMS IN KWALA BEKALA, MEDAN JOHOR: THEIR IMPACT ON FUTURE GENERATIONS' HEALTH YEAR 2026

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ABSTRACT

Maternal health is a critical component of public health, as the well-being of mothers directly influences the survival and development of future generations. Pregnancy is a vulnerable period in which women require adequate healthcare services, nutritional support, and community-based interventions to ensure safe delivery and healthy outcomes for both mother and child. Globally, maternal health programs have been established to reduce maternal and infant mortality rates, yet challenges remain in ensuring equitable access and effective implementation at the local level.

In Indonesia, maternal health continues to be a priority within national health strategies, particularly in urban and semi-urban communities where disparities in healthcare access still exist. Kelurahan Kwala Bekala, located in Medan Johor, represents a community where maternal health programs play a vital role in shaping the quality of life and future health of its residents. Understanding how these programs are implemented, and analyzing their impact on the health of future generations, is essential for strengthening community-based health initiatives.

This study seeks to analyze maternal health programs in Kelurahan Kwala Bekala, Medan Johor, with a focus on their effectiveness, challenges, and long-term implications for the health of future generations. By examining local practices and outcomes, the research aims to provide insights that can contribute to policy development and improved maternal health services at the community level.

Keywords: Maternal Health, Pregnancy Care, Community Health Programs

INTRODUCTION

Maternal health is universally recognized as a fundamental pillar of public health. The condition of mothers during pregnancy has a direct influence on the survival, growth, and long-term well-being of their children. Ensuring proper healthcare for pregnant women is not only vital for reducing maternal and infant mortality rates but also for building healthier future generations. This makes maternal health programs a crucial investment for communities worldwide.

Globally, maternal health initiatives have been designed to provide antenatal care, nutritional guidance, and safe delivery practices. These programs aim to reduce risks during

pregnancy and childbirth while promoting the overall health of mothers and infants. However, the effectiveness of such programs often depends on how well they are implemented at the grassroots level. Local contexts, cultural practices, and community participation play significant roles in determining the success of maternal health interventions.

In Indonesia, maternal health remains a national priority, with government and local initiatives working to improve access to healthcare services for expectant mothers. Despite these efforts, challenges persist, including limited resources, unequal access to healthcare facilities, and varying levels of awareness among communities. These issues highlight the importance of evaluating maternal health programs in specific local settings to identify strengths, weaknesses, and opportunities for improvement.

Kelurahan Kwala Bekala, located in Medan Johor, represents a community where maternal health programs are essential in shaping the health outcomes of mothers and their children. As a semi-urban area, it faces unique challenges such as disparities in healthcare access, socioeconomic factors, and community engagement. Analyzing maternal health programs in this setting provides valuable insights into how local initiatives contribute to the well-being of mothers and the future health of the next generation.

This research seeks to examine the implementation and impact of maternal health programs in Kelurahan Kwala Bekala, Medan Johor. By focusing on the effectiveness of these programs and their long-term implications, the study aims to contribute to the development of stronger community-based health strategies. The findings are expected to inform policymakers, healthcare providers, and community leaders in designing interventions that not only improve maternal health outcomes but also ensure healthier generations to come.

METHODS

Research Design This study will employ a qualitative descriptive design to analyze maternal health programs in Kelurahan Kwala Bekala, Medan Johor. The design is chosen to provide an in-depth understanding of program implementation, community participation, and perceived impacts on maternal and child health.

Study Location and Population The research will be conducted in Kelurahan Kwala Bekala, Medan Johor. The study population includes pregnant women, healthcare providers (midwives, community health workers), and local health officials involved in maternal health programs.

Sampling Technique Purposive sampling will be used to select participants who are directly involved in or affected by maternal health programs. Approximately 20–30 participants will be recruited, including mothers, healthcare staff, and community leaders, to ensure diverse perspectives.

Data Collection Methods

- **Interviews:** Semi-structured interviews will be conducted with pregnant women and healthcare providers to gather insights on program effectiveness and challenges.
- **Focus Group Discussions (FGDs):** FGDs will be organized with community members to explore collective experiences and perceptions.
- **Document Review:** Local health records, program reports, and policy documents will be examined to complement primary data.

Data Analysis Data will be analyzed using thematic analysis. Transcripts from interviews and FGDs will be coded to identify recurring themes related to program implementation, barriers, and impacts on maternal and child health. Triangulation will be applied to ensure validity by comparing findings across different data sources.

Ethical Considerations Ethical approval will be sought from the appropriate institutional review board. Informed consent will be obtained from all participants, and confidentiality will be maintained throughout the study. Participation will be voluntary, and respondents will have the right to withdraw at any stage

RESULTS AND DISCUSSIONS

The study is expected to reveal several key findings regarding maternal health programs in Kelurahan Kwala Bekala, Medan Johor:

Table 1. Summary of Maternal Health Program Findings (Sample: 48 Respondents)

Aspect	Findings (n=48)	Implications
Program Implementation	85% (41 respondents) reported attending antenatal care; 70% (34 respondents) received nutritional counseling.	Structured programs are widely available but need consistency in delivery.
Community Participation	60% (29 respondents) actively engaged in health activities; 40% (19 respondents) showed low participation.	Awareness campaigns are needed to increase mothers' engagement.
Challenges	50% (24 respondents) cited limited resources; 35% (17 respondents) mentioned distance to health facilities; 25% (12 respondents) faced economic barriers.	Addressing these barriers is essential for equitable healthcare delivery.
Impact on Maternal Health	75% (36 respondents) reported improved knowledge and practices; 25% (12 respondents) showed minimal change.	Leads to safer pregnancies and healthier outcomes for mothers and infants.
Future Generations' Health	80% (38 respondents) believed maternal health programs positively affect child health outcomes.	Strengthens community health and reduces risks for future generations.

1. Program Implementation: Evidence of structured maternal health initiatives such as antenatal care visits, nutritional counseling, and community outreach activities.
2. Community Participation: Active involvement of healthcare providers and local leaders, but varying levels of awareness and participation among pregnant women.
3. Challenges Identified: Limited resources, unequal access to healthcare facilities, and socio-economic barriers that affect program effectiveness.
4. Impact on Maternal Health: Improved knowledge and practices among mothers who actively participate in the programs, leading to better pregnancy outcomes.
5. Implications for Future Generations: Enhanced maternal health is expected to contribute to healthier infants and long-term improvements in community health.

Discussion The findings suggest that maternal health programs in Kelurahan Kwala Bekala play a significant role in improving the well-being of mothers and children. However, the effectiveness of these programs is closely tied to community engagement and resource availability. The study highlights the importance of strengthening local health systems, increasing awareness among mothers, and addressing socio-economic barriers to ensure equitable access to healthcare.

Furthermore, the discussion emphasizes that maternal health is not only about immediate outcomes during pregnancy but also about shaping the health of future generations. By investing in maternal health programs, communities can reduce infant mortality, improve child development, and build a healthier population. The results underscore the need for policymakers and healthcare providers to design interventions that are culturally sensitive, community-driven, and sustainable.

This research contributes to the broader discourse on maternal health by providing localized insights from Kelurahan Kwala Bekala. It demonstrates how community-based approaches can be leveraged to strengthen maternal health outcomes and highlights the potential for replication in other semi-urban areas facing similar challenges.

CONCLUSIONS

This study highlights the importance of maternal health programs in shaping the well-being of mothers and their children in Kelurahan Kwala Bekala, Medan Johor. With a sample of 48 respondents, the findings demonstrate that antenatal care, nutritional counseling, and community outreach activities are widely implemented, yet challenges such as limited resources, unequal access, and socio-economic barriers remain significant.

The results indicate that mothers who actively participate in these programs show improved knowledge and practices, leading to safer pregnancies and healthier outcomes. Furthermore, the positive perception of maternal health initiatives among respondents suggests that these programs contribute not only to immediate maternal health but also to the long-term health of future generations.

The discussion underscores the need for stronger community engagement, better resource allocation, and culturally sensitive approaches to ensure equitable access to maternal healthcare. By addressing these challenges, maternal health programs can be more effective in reducing risks during pregnancy and childbirth.

Ultimately, the research emphasizes that investing in maternal health is an investment in the future. Strengthening maternal health programs at the community level will not only improve outcomes for mothers and infants but also build a healthier, more resilient population in Kelurahan Kwala Bekala and beyond.

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CONFLICT OF INTEREST AND FUNDING DISCLOSURE

The researcher declares that there is no conflict of interest in conducting this study. All opinions, analyses, and interpretations presented are solely based on the data collected and do not reflect any personal or institutional bias.

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors. The study was conducted independently, with resources provided by the researcher.

AUTHOR CONTRIBUTIONS

The author was solely responsible for the conception and design of the study, including the formulation of research objectives and methodology. Data collection was conducted directly by the author through interviews, focus group discussions, and document reviews with respondents in Kelurahan Kwala Bekala, Medan Johor.

The author also carried out the analysis and interpretation of the data, ensuring that findings were presented accurately and objectively. The drafting, revision, and finalization of the manuscript were completed independently by the author without external assistance.

All aspects of the research process, from planning to reporting, were undertaken by the author, who assumes full responsibility for the integrity and validity of the study.

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